

Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us <u>Thursday</u>, <u>May 27th from 10 - 11 AM</u> for another online forum and Q&A. To submit your questions in advance, <u>click here</u>.

Special Thanks to our May 13th Telebriefing Guest:



Veva Arroyo
Co-Chair
San Diego County Hospice Veteran Partnership
(SDCHVP)

County Resources for Military & Veterans



Visit our County site for Military/Veterans/Families and Serving Organizations

General COVID-19 Frequently Asked Questions – <u>Click here</u>

Military and Veterans-Specific Frequently Asked Questions – <u>Click here</u>

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – <u>Click here</u>

In Case You Missed It...



The San Diego County Hospice Veterans Partnership (SDCHVP) is a coalition of community hospices and the Department of Veteran Affairs working together to ensure excellent end-of-life care for our veterans and their families.

Considered to be the model for quality, compassionate care for people facing a serious or life-limiting illness or injury, hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patients' needs and wishes. The program asks hospices to: Learn more about caring for veterans; declare a commitment to honoring veterans at the end of life; partner with the VA at the local, regional, and national level; assess their current ability to serve veterans; provide education for hospice staff and volunteers; and measure quality and outcomes for continued improvement. SDCHVP provides benefits for healthcare, burials, and survivor assistance through their community partnerships. Participating community hospices include the Elizabeth Hospice, Sharp Hospice Care,

Kindred Hospice, and more. To contact SDCHVP, e-mail <u>SanDiegoHVP@gmail.com</u> or visit their Facebook page <u>here</u>.

Events and Announcements

Courage to Call is hosting another drive-thru food distribution event at 10 a.m. on Saturday, May 22 at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, June 4. For details, visit sdvetscoalition.org.

Wellness Wednesday is a virtual event hosted by Courage to Call to teach military members, veterans, and their families about wellness topics and helpful resources every Wednesday at 4:00 p.m. To participate in Wellness Wednesday, visit the <u>Courage to Call Facebook page</u> and join through Facebook Live.

North County Veterans Stand Down is a four-day event that enables homeless veterans to receive much-needed services in a safe, friendly, drug-free and secure environment. It will be held on September 16-19, 2021. For details, visit NCStandDown.org.

County Now Offering Pfizer's COVID-19 Vaccine to 12to-15-Year Olds

San Diegans ages 12-15 are now eligible to receive a COVID-19 vaccine. On May 12, the California Department of Public Health approved Pfizer's COVID-19 vaccine for use in that age group and the County's vaccine sites are prepared to start vaccinating children in this new age group on May 13.

Parental consent is required prior to vaccination for anyone under the age of 18. In addition to parental consent, minors will have to show photo ID and proof of age, or have the parent, guardian or caregiver who accompanies the minor to the appointment verify their age and identity.

The Pfizer vaccine is the only COVID-19 vaccine currently authorized for use in minors ages 12-15 and the majority of the County-operated COVID-19 vaccination sites carry it

To read the full County News Center story, <u>click here</u>. To view a list of vaccination sites in San Diego County, <u>click here</u>. To learn more about COVID-19 vaccination rates in San Diego County, <u>click here</u>.

All County-hosted COVID-19 vaccine sites are open for walk-up, no-appointment required vaccinations. The walk-up vaccines will be available while supplies last each day at that site.

The County will continue to offer vaccination appointments that can be scheduled online but will also set aside doses each day for walk-ups.

COVID-19 vaccines are now available at no cost to anyone 12 years of age and older in San Diego County.

If you prefer to make an appointment, <u>click here</u> to schedule your vaccination. For information on what to bring to your vaccination, <u>click here</u>.

County Announces 2021 Public Health Champions

During the most challenging public health crises in the world, it's more important than ever to celebrate public health. That's why the County is honoring hundreds of people and organizations for their hard work to keep our residents and communities safe, especially during the ongoing COVID-19 pandemic.

The Military and Veterans COVID-19 Response Sector would like to express our gratitude to the individuals and organizations that routinely participate in our telebriefings. Thank you for serving our military members, veterans, and families during the pandemic and for supporting the County of San Diego! To watch the full Public Health Champions video, click here.

Request to Host a Vaccination Event

The County of San Diego is increasing access to COVID-19 vaccines by working with partners and stakeholders to host vaccination events. We encourage organizations that have the space to host a vaccination event to submit a request form here.

County staff or a partner organization will review the information submitted and respond within 5 business days. For questions, please reach out to CovidVaxInquiry.HHSA@sdcounty.ca.gov. Please note, we will do our best to accommodate preferences but we cannot guarantee that all preferences will be met or all requested events confirmed.

Live Well San Diego Trails Challenge Continues Through May!

The *Live Well San Diego Trails Challenge* is a NEW signature event in collaboration with County Parks. It is designed to encourage residents of San Diego County to safely explore the county's park and nature preserves. Getting outside and being active can have so many benefits for your mental and physical health!

County Parks will be hosting a series of 5 hikes led by a park ranger every Saturday in May to help you get outside and get moving! Each hike will increase in difficulty to get you prepared for the final hike-- the Warrior Hike Challenge on Saturday, May 28th. This hike is up to 12 miles out and back and will have 2 "celebration stations" along the way with goodies and healthy snacks to help cheer you on! To learn how to participate in the Live Well San Diego Trail Challenge, click here.

Early Treatment for COVID-19 is Available at the Monoclonal Antibody Regional Center (MARC)!

Monoclonal antibody treatment is available for persons with mild or moderate COVID-19 whose symptoms developed within the last 10 days and are at high risk of getting very sick from COVID-19. It is recommended to receive the potentially lifesaving treatment within 72 hours of when COVID-19 symptoms begin. The Monoclonal Antibody Regional Centers (MARC) in Escondido and Chula Vista are open 7 days a week to treat all persons for free who are medically eligible, regardless of health insurance or immigration status. If you think you qualify, please call (619) 685-2500 to schedule an appointment or with any questions. You are also encouraged to talk to your doctor to see if you are medically eligible for this treatment and to receive a referral. For more information about monoclonal antibody treatments and MARC, click here. If you have any questions or concerns, please e-mail COVIDtreatment@sdcounty.ca.gov.

Safe Transportation Practices During COVID-19

Taking extra precautions when making necessary trips can help protect your health and the health of others. The "Safe Transportation Practices During COVID-19" video provides best practices when using public transportation, ride share services, and other transportation alternatives. To learn how to safely utilize transportation services during COVID-19, <u>click here</u>.

County of San Diego 2021 Emergency Rental Assistance Program

San Diego County residents financially impacted by COVID-19 who need help paying their rent and utilities may qualify for assistance.

Applications for the County of San Diego's Emergency Rental Assistance program (ERAP) 2021 serves all areas of the San Diego region except for the cities of San Diego and Chula Vista. The application will be open until all available funding has been used.

The application is available in six different languages (English, Spanish, Arabic, Vietnamese, Tagalog, and Mandarin) on the website. If someone does not have internet or needs help, they can call 858-694-4801 and a county representative can assist with questions and/or take the application over the phone.

If you are a resident of the cities of San Diego and Chula Vista, or if you are not sure which program serves your area, <u>click here</u> for more information. For veteran-specific rental assistance, <u>click here</u>.

Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a <u>free</u>, <u>confidential</u>, <u>veteran-staffed</u>, <u>24/7 helpline</u> dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit <u>www.courage2call.org</u>, or call 1-877-698-7838, or 2-1-1.

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder. **The National Suicide Prevention Lifeline**, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found <u>here.</u>



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule <a href="https://example.com/here.com/h

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available here for your use.

If you work or reside at a skilled nursing or long-term care facility and have not yet been contacted to schedule your COVID-19 vaccine appointment, please send an e-mail to COVID-HealthcareStatus@sdcounty.ca.gov

Continue to Stay Informed



County Coronavirus Website



Resources for Military,
Veteran's & their Families



Resources & Materials



Testing Information





